Claims 1 - 30 (canceled)

Claim 31 (currently amended): A method of at least treating or preventing at least one light responsive disorder in at least one mammal, said method comprising the steps of:
utilizing at least one light source, said at least one light source emitting optical radiation;
causing said optical radiation to be commonly therapeutically effective in humans by employing a pre-established spectral composition that has been pre-identified as a maximally potent spectral composition in the regulation of human circadian physiology, said pre-established spectral composition comprising at least one enhanced spectral region comprising at least one peak of emitted light within the range of 435-488 nm;
exposing at least a portion of the retina of at least one eye of at least one mammal to said pre-established spectral composition of optical radiation such that said light source is not mounted on the body of said at least one mammal;
stimulating the photoreceptor system for at least one of the circadian, photoneural, neuroendocrine or neurobehavioral systems of said at least one mammal;
and, enabling at least the treatment or the prevention of at least one light responsive disorder in said at least one mammal.

Claim 32 (previously presented): The method of Claim 31, wherein said therapeutically effective optical radiation further comprises a therapeutically effective amount of light.

Claim 33 (canceled)

Claim 34 (previously presented): The method of Claim 31, said method further comprising providing at least one light filtering component in conjunction with said at least one light source; and

causing said at least one light filtering component to transmit therapeutically effective optical radiation.

Claim 35 (previously presented): The method of claim 34 wherein said method further comprises providing at least one transparent composition in conjunction with said at least one light filtering component.

Claim 36 (previously presented): The method of 34 wherein said at least one light filtering component further comprises at least one transparent composition.

Claim 37 (previously presented): The method of claim 34 wherein said method further comprises providing at least one translucent composition in conjunction with said at least one light filtering component.

Claim 38 (previously presented): The method of 34 wherein said light filtering component further comprises at least one translucent composition.

Claim 39 (previously presented ): The method of Claim 31, said method further comprising

enabling the prevention of at least one light responsive disorder in said at least one mammal.

Claim 40 (previously presented): The method of Claim 39, said method further comprising providing at least one light filtering component in conjunction with said at least one light source; and
causing said at least one light filtering component to transmit therapeutically effective optical radiation.

Claim 41 (previously presented): The method of claim 40 wherein said method further comprises providing at least one transparent composition in conjunction with said at least one light filtering component.

Claim 42 (previously presented): The method of claim 40 wherein said at least one light filtering component further comprises at least one transparent composition.

Claim 43 (canceled)

Claim 44 (previously presented): The method of claim 40 wherein said method further comprises providing at least one translucent composition in conjunction with said at least one light filtering component.

Claim 45 (previously presented): The method of 40 wherein said at least one light filtering component further comprises at least one translucent composition.

Claims 46 - 56 (canceled)

Claim 57 (not entered)